

## Exploring the Causes and Psychological Consequences of Teen Pregnancy

Janet Nyaboke Odhiambo  
Adventist University of the Philippines

### Abstract

Teenage pregnancy has become a global and a public health concern as mortality rates associated with it are on the increase. In the last two decades, worldwide, the rate is slowly decreasing. However, this is not the case in the Philippines, yet not much is known about its background as majority of the studies have focused on the outcomes. This current study explored the causes of teenage pregnancy and the psychological consequences in the light of Bronfenbrenner's ecological model. Utilizing qualitative case study, nine participants were interviewed. Data were transcribed and analyzed using Miles, Huberman, and Saldana's thematic analysis. Three main themes emerged, namely: sociocultural factors (*peer influence, lack of parental guidance, culture, and transactional sex*); individual factors (*curiosity and poor sex knowledge, uncontrolled emotions, and revenge*), and psychological consequences (*emotional reactions, fear, and low self-esteem*). The study concluded that teenage pregnancy is multifaceted and is influenced by psychological factors within the micro, meso, and macro systems. A multidisciplinary approach using coordinated effort may prove appropriate in reducing cases of teenage pregnancy.

**Keywords:** *teenage pregnancy, psychological consequences, adolescents, qualitative, public health*